

Portugal – Universidade Católica Portuguesa**2018-2019****Report 1**

Please use Tab to go to the next (text) box.

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: j.m.dominicus@students.uu.nl
<i>See end note for * and **</i>	
faculty/college	Human Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts and Sciences

destination city & country	Lisbon, Portugal
name university abroad	Universidade Católica Portuguesa
start date	04 / 09 / 2018 (dd/mm/yyyy)
end date	31 / 01 / 2019 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
I decided quite late that I wanted to go on exchange, so I had to choose between the places that were still available at the end of the normal selection process ('restplekken'). After receiving an email that Lisbon might be a good place for me, I started writing a motivation letter explaining why I wanted to go to Lisbon. I wanted my motivation to be good so this took me quite some time. However, the international office was really helpful to answer all my questions. When receiving an email I was accepted, I had to start arranging my Grant and the English language test, which both took quite some time but everything was clearly explained on the websites.
counselling & support at Utrecht University
When I send the international office an email for the first time, i still didn't have an idea where to go to. They were really helpful by sending me possible places to go to and answered all my questions I had in advance.
academic preparation
The adacemid preparation consisted of choosing the courses available at Catolica and figuring out which courses could fit in my study program. The courses are available at Catolica's website, however make sure if you're a Liberal Arts student you also check out the different faculties (each faculty has a different website with an overview of the courses, you can find them by just googling the faculty). I had two really nice courses at the Politics department (The Pursuit of Happiness) and the Business department (Organizational Behavior). I'd really recommend to figure out which courses are available cause this is of great added value if you're a Liberal Arts student.

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language preparation
As Universidade Catolica offers courses in English, I didn't have any further language preparation to do apart from the Language Test (LSH). Studying in Lisbon with only knowledge of the English language is enough, as everybody speaks it almost fluently. However, I did choose to follow a Portuguese course just because I was interested in learning Portuguese myself.
finances
To finance my stay abroad, I saved money by working before I left. Apart from that, I made a list of optional money I could receive: Erasmus Grant, OV monthly. Living in Portugal is quite cheap compared to the Netherlands, so I did not encounter any problems with finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Liberal Arts and Sciences
academic quality of education activities
The quality of education was a bit lower compared to the quality of education at Utrecht University. However, I followed courses at different faculties (Business, Politics and Humanities) and both the Business course as the Politics course were a bit more difficult. I really liked the variety of taking courses throughout different faculties, and would definitely recommend doing the same if you're a LAS student. The way of teaching varies a bit from course to course, I followed the courses 'Portuguese Language', 'Portuguese Society', 'Intercultural Communication' and the courses The pursuit of Happiness (politics) and Organizational Behavior (business). Like I said, the courses from these last two faculties were a bit more difficult but really interesting.
counselling & support at receiving university abroad
I noticed that the international office in Lisbon responded a bit slow sometimes, which got me a bit stressed. However when you realize they take things a bit easier and more slow in Portugal, it is not a problem. Everything becomes clear at the University welcoming day. I really recommend going there, as this is a nice opportunity to meet other international students. Also, they clarify a lot of things that were not clear before I left. They have a system that you can follow courses for two weeks, (the ones you put on your Learning Agreement) but apart from that you can also follow other courses during these two weeks in case you want to change your chosen ones. This was really helpful for me, because by doing so you can experience what it is really like to follow a course!
transfer of credits
26,5

STUDENT LIFE

welcome & orientation programme
The university organized a welcoming day to explain everything and for students to get to know each other. During this day a lot of answers were given to students that had some difficulty with what courses to follow, with their learning agreement etc. Everything was explained in a clear manner and after this they provided us with a tour throughout the university. I would really recommend students to visit this day, as it creates the opportunity for you to meet other people. There's also a welcome dinner, which is a good opportunity to explore the Portuguese kitchen!
accommodation

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For the accomodation I used the ELL, Erasmus Life Lisboa, Facebook page. You send them a message and based on your preferences they give you some offers by email on places available. I would recommend to start with finding a house as soon as possible, as getting a house in Lisbon is becoming a little bit more difficult. Via this Facebook I ended up with the company Placetostay. I lived in a flat together with 5 other international students in the Saldanha area. Depending on your university I'd recommend to live in Saldanha, Alameda, Rossio, Baixa-Chiado or Campo pequeno area. There is no 'real' city center and as everything is easy to reach by metro, just pick an area that you like based on your interests!

leisure & culture

I had quite some mandatory courses throughout the week, however I made sure i was off on Fridays. By doing so there was enough time for traveling, making small trips and visit friends. I'd really recommend to discover Portugal by traveling (such as Porto, Coimbra, Algarve), there is so much more to see! If you want to meet a lot of people, there are the ELL or ESN organizations that organize lots of trips weekly and provide you with some discounts. I'd recommend this especially for the beginning of your stay, if you feel like meeting a lot of new people.

suggestions/tips

I'd suggest to find a place in an international flat, (i found mine via the organization Placetostay) because this is a really easy and nice way to meet a bunch of people immediately! I lived with five other internationals, all from different countries and meeting these people was really helpful for me.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

do you have any additional advice or comments?

I'd definitely recommend going to Lisbon and going to Catolica. It is one of the best universities in Lisbon, they have quite some english courses and Lisbon in general is a beautiful city. It's cheap, the weather is nice (sometimes 30 degrees in october still), you can go surfing, traveling, and it's not that far from the Netherlands which makes it easy for family and friends to come visit you! The people are friendly, the culture is really interesting and varied. In conclusion, I'd definitely recommend Lisboa!

Report 2

Please use Tab to go to the next (text) box.

permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: e.c.drift@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD

Portugal – Universidade Católica Portuguesa

name study programme	Communication&information studies
destination city & country	Lisbon, Portugal
name university abroad	Universidade Católica Portuguesa Lisboa
start date	06 / 09 / 2018 (dd/mm/yyyy)
end date	16 / 01 / 2019 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	The application process was easy and clear. Do start on time since it is a lot of work.
counselling & support at Utrecht University	The support from UU was very good, they answer their emails very fast.
academic preparation	I chose my courses already in Utrecht, but the first two weeks in Portugal I still had the time to switch if I wanted to
language preparation	I didn't have any language preparation since my courses were all in English. However I did follow one course of Portuguese language
finances	Life in Lisbon is cheaper compared to Utrecht, but it doesn't differ too much. Mostly restaurants and bars are cheap, supermarket and rent is about the same price.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The study programme was a bit unclear in the beginning, mostly because of the confusing website of the university. However late, we were sent a list with all the English courses so it became clear. Later I did find out that I could also choose other courses from other faculties, something they didn't make clear to me in the beginning.
academic quality of education activities	The courses were a lot easier then in Utrecht. I did have to follow a lot more at the same time but we didn't have to read much or do many assignments
counselling & support at receiving university abroad	The support at the catolica university was very good. There was an international office were you could go with all your questions and they responded very quik on your emails
transfer of credits	Went all smooth and fast

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STUDENT LIFE	
welcome & orientation programme	
When I arrived in Lisbon, my esn buddy picked me up. After I went to my apartment I met my roommates and together we discovered Lisbon. I met most of my friends on the introduction day of the university and the Esn and ELL introduction activities.	
accommodation	
I found an accommodation via a Dutch friend that went on Erasmus to Lisbon a year before. It was a very central apartment in the middle of the old city centre of Lisbon. I was a little overpriced for Lisbon, but that mostly happens when they rent out apartments to exchange students.	
leisure & culture	
The Portuguese culture (and food) is amazing. It is very different ofcourse compared to the Dutch one, but I got used to it very quickly. The most fun part is that people are so much outside, even when it got a little colder in Winter. Most people speak at least a little English, so that's no problem at all.	
suggestions/tips	
From Lisbon you can easily visit order locations in Portugal. There is trains directly from Lisbon to the beaches of Estoril and Cascais, and the small cities of obidos and sintra. Furthermore its very easy to book a bus online to for example Coimbra or Porto.	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would definieltly reoomend Lisbon to others as a Erasmus destination. There are a lot of students, since there are around 5 universities, and a lot of Erasmus as well. The weather is amazing and there is lots to see and do.	
do you have any additional advice or comments?	

2017-2018**Report 1**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> m.i.peters@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and communication studies

destination city & country	Lisbon, Portugal
name university abroad	Universidade Catolica Portuguesa
start date	06 / 09 / 2017 (dd/mm/yyyy)
end date	31 / 01 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

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PREPARATION	
exchange application process	
	During my orientation I already knew that I would like to study abroad somewhere in Southern Europe. I was looking for Italy, Spain and Portugal. I was looking for cities to study in Spain because I would like to learn Spanish, but there were no universities where I could go because I didn't speak Spanish yet. I looked further and when I saw the opportunity to go study in Lisbon I became very enthousastic because I have been in Lisbon twice and I really like the city. The courses that this university were offering sounds interesting to me so Lisbon became my first choice. I delivered all my application documents and was very happy when I received the news that I could go to my first choice: Lisbon.
counselling & support at Utrecht University	
	The counselling and support of the International Office were really good and helpful. I didn't had many problems but for all my little questions I e-mailed them and got an helpful answer back in one day. They were there for me to help me.
academic preparation	
	Before arriving in Lisbon I didn't have studymaterial with which I could prepare things for school there in Lisbon and also the course manuals are not as extensive as in The Netherlands. Therefore, I didn't really do academic preparation.
language preparation	
	I learned a little bit of Portuguese before my arrival, with a Portuguese language self-study book but this was not really intensive. I signed up for the Portuguese language course that Catolica is offering, and because I knew that I would learn it there I didn't study that intensive by myself. My English level was B2 before arrival, but with the thought that the best way to improve your English by talking with internationals, I didn't try to improve my English before arrival.
finances	
	I saved some money that I earned by working, furthermore my parents supported me, I got the Erasmus Grant and I borrowed money from the government (DUO). I borrowed a higher amount of money then I did before. Portugal is not an expensive country so for me it was easy to handle with the amount of money that I had. Actually, I didn't use the money from the Erasmus Grant during my stay because I was afraid that I didn't pass all my courses, but in the end it was all fine.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	I took a variety of courses at Catolica, with very different topics (Portuguese history, journalism, cultural and creative industries etc.) All these courses were offered in English and the English level of the teachers is very good. I could choose all the courses that I wanted. I found almost all these courses interesting, I only put down one course because it was really similar to a course that I already had back home.
academic quality of education activities	
	The quality of education was good at Catolica, but different to me. At some courses I had to get used to the fact that they only consist of lectures, while I was used back home in Utrecht to participate and have seminars. The things that I learned were very interesting to me but sometimes it didn't feel that academic. For example, I had to write a paper without using academic literature and that felt strange to me. There were no extensive course manuals, and in the beginning I was a little bit annoyed by it because I couldn't find clear explanations about exercises, but in the end it created more space for personal ideas and perspectives and I really liked that.

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counselling & support at receiving university abroad

I am really satisfied about the counselling and support of Catolica. They helped me with everything that I needed, all my questions, little problems, signing of certificates, housing. When I e-mailed I always received an answer in a couple of hours/1 day and I could easily pass by their office to pick up or hand in documents. With all the bad experiences that I heard from people at other universities I am really satisfied about the International Office of Catolica.

transfer of credits

This didn't take place yet, but Catolica works with ECTS so I think that my grades will be the same here at home.

STUDENT LIFE

welcome & orientation programme

The first week I had a welcome day at Catolica and at this day they showed us the school and gave us the important information, it became all very clear to me this day. I met my best friends there, during this day we came together. They also had a buddy program 'Friend for you' and my buddy picked me up at the airport but furthermore we only saw each other sometimes at school. In Lisbon there are two big organizations for international students, ESN Lisboa and ELL (Erasmus Life Lisboa). I signed up for ELL because my international flatmates told me about it. ELL (but also ESN) offered some welcome activities where I get to know people. Also Catolica organized a welcome dinner for all international students.

accommodation

Because I was used to the way of finding accommodations in Utrecht (very tough) I already searched a flat before arrival in Lisbon, I didn't want to sleep in a hostel to find my accommodation. My flat was nice, but a little bit old and on the 4th floor without an elevator... My friend lived the first week in a hostel and because she only booked for 5 days this situation was very stressful for her. Because of my own and my friend's experience I would recommend to go to Lisbon 1/2 weeks before you have to go to school. In this way you can find a nice room with visiting the room, instead of booking it at home and not knowing what you can expect. I recommend a room near the citycenter (Bairro Alto, Bica, Chaido, Saldanha, Marques Pombal), since the university is very easy to reach by metro.

leisure & culture

In Lisbon you'll never get bored with all the nice places, rooftopbars, miradouros (viewing points) and the beach nearby. There are a lot of things to do in Lisbon, go check out all the brunch spots, restaurants, try Portuguese food, the Illegal Chinese restaurants and so on. There are always a lot of festivals, markets and activities. At the miradouros I always watched the sunsets while I was drinking with some friends. If you love surfing, Lisbon is also a very nice place for you, it is very popular.

About the culture: in a certain way I really like the calm lifestyle of Portuguese people but I found out that it was sometimes hard for me, because I'm a Dutch punctual person who plans things. I really had to get used to the fact that my Portuguese friends don't really plan activities for next week and that they are very last-minute.

suggestions/tips

Go rent a car (which is more easier in Portugal than in The Netherlands) and discover Portugal! It is a really nice country that you have to see. You should definitely visit Porto, Algarve and the Azores, you can fly to these destinations for a really low price. Go out and explore all the nice spots that the city has to offer, drink at night in Bairro Alto of Cais do Sodré and be open for new friends!

CONCLUSIONS

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would you recommend this university/destination abroad to others? please explain
I would definitely recommend Lisbon to others. The university offers good education and the International Office is very helpful to you which makes it even better with organizing all the things you need to do for your application. Lisbon is a really nice city, you will never get bored because there's a lot to discover and you'll get a lot of sun. Lisbon has the river and the beach near by, and the sunsets from miradouros are wonderful. It's also a cheap city so going out is really nice!
do you have any additional advice or comments?
Go for it! Your life abroad will be really nice in Lisbon because the city has so much to offer. Don't be afraid and just go for it. Before departure I was nervous that my time in Lisbon wouldn't be nice, but it was definitely the best time!

2016-2017**Report 1**

faculty/college	Sociel sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Lisbon, Portugal
name university abroad	University Catolica
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	01 / 02 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	Unfortunately, I was not allowed to go to any of preferred destinations. There were too many applications for my top 3. After that, I looked at all available places. I saw that the faculty of human sciences still had one spot left in Lisbon. I always really wanted to go there on exchange, but the faculty of social sciences doesn't have any relations with universities in Lisbon. I asked if it was possible to go to Lisbon through the faculty of Human sciences. I was told that this was possible if University of Catolica agreed. When the University of Catolica agreed, I finally was able to go on exchange to a place I really liked.
counselling & support at Utrecht University	The international office was very supporting and helpful with chosing a new destination.
academic preparation	I didn't do any prepartation.
language preparation	All my courses were in English, which made language preparation unnecessary
finances	I saved some money before my exchange and I received an Erasmus grant.

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STUDY ABROAD PERIOD	
study programme (content and organisational issues)	There are a diversity of courses taught in Catolica. Many courses are offered in English, which is very convenient for foreign students. Furthermore, it is possible to enroll in interdisciplinary education. If you'll be studying Human sciences, half of your courses must be from the communication faculty. For the other half, you are able to choose courses from other faculties. You will get a list of the available courses send by mail before the exchange starts. However, this list may changed. Not all courses listed will eventually be taught that semester. The first two weeks you can try out different courses. After this period, attending the classes is mandatory.
academic quality of education activities	I was very much surprised by the quality of the education at Catolica. I heard that quality of education in southern European countries was not that good, but now I can definitely say that it may even be better than the education I have been used to. You only have small scale teaching and you are expected to participate actively in class.
counselling & support at receiving university abroad	The international office at Catolica is always there to help you. There is a very informal contact between the students and the people from the international office. They even help you find an apartment and help you with medical problems, for example.
transfer of credits	My transfer of credits has not yet taken place.

STUDENT LIFE	
welcome & orientation programme	The University organizes a welcome meeting, which gives you information about the university. However, the real introduction to the city is organized by the Erasmus life Lisboa and ESN (both very active student organizations). They organize lots of parties, tours, trips and other activities throughout the semester. They can also help you with your apartment , your simcard and your metro card. Attending their events is a great way to meet new people and you never have to feel alone. However, you don't have to participate in everything they organize. Sometimes it's cheaper to organize a trip by yourself and parties, which are not organized by the international organizations, are also really fun to go to.
accommodation	I found my accommodations through one of the sites my University recommended. I lived with 5 other international students and the apartment was okay. However, I would advise you to go to Lisbon in the beginning of August and look for apartments when you are there. This way you have the best chance in getting a nice, cheap apartment in the center. You'll always find an apartment, but the quality of the apartments vary strongly. Some rooms don't even have a window or are really out of the center. Although the metro system is good, it is nicer to live close to the café's and bars.
leisure & culture	Lisbon has so much to offer. Every night there are performances in little bars or big cultural events. If you want, you could party every night. There are also a lot of little festivals and markets. On top of that, the city is built on hills, which gives you the most beautiful viewpoints. People go to these viewpoints daily to watch the sunset and enjoy a drink. Furthermore, you can have cheap, amazing dinners everywhere in the city. Moreover, you

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can go to the beach within 20 min. Surfing is also very popular activity in Lisbon. All in all, the city just begs for you to spend time outdoors.

suggestions/tips

Although you will never get bored in Lisbon, try to make some trips as well. It is nice to visit Porto, for example. It is only three hours by train. Furthermore, I would strongly recommend to go to the Azores. You can fly very cheap from Lisbon to these beautiful islands.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would recommend this destination to everyone. Lisbon is a lively city with friendly people, who have a good command of English. Catolica University has interesting courses and a different way of teaching. You will learn a lot from this different approach and from living in a capital city like Lisbon.

do you have any additional advice or comments?

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